




























## Soothing Essential Oils

 <p style="text-align: center; font-size: small;">ANGELICA</p>	<p><b>ANGELICA (root):</b>                  Depression, lack of self-confidence, difficult decisions, sleep disorders, rebalancing</p>
 <p style="text-align: center; font-size: small;">BASIL</p>	<p><b>BASIL:</b>                  Promotes concentration, memory, indicated in case of overwork, stress                  It is called the balm of the soul, digestive soothing</p>
 <p style="text-align: center; font-size: small;">BERGAMOT</p>	<p><b>BERGAMOT:</b>                  Depression, anxiety, irritability, sleep disorders, digestive soothing.</p>
 <p style="text-align: center; font-size: small;">CAJEPUT</p>	<p><b>CAJEPUT:</b>                  Sleep disorders, anxiety, soothes dental and digestive pain</p>
 <p style="text-align: center; font-size: small;">Cedarwood</p>	<p><b>CEDAR (wood):</b>                  Anti stress, anxiety, sleep disorder, restores self-confidence, substance abuse</p>
 <p style="text-align: center; font-size: small;">Roman Chamomile</p>	<p><b>NOBLE CHAMOMILE:</b>                  Nervous shocks, stress, sleep disorders, emotions, depression, digestive soothing</p>
	<p><b>CISTUS:</b>                  Lack of self-confidence, nervousness, insomnia, meditation, relaxation</p>
 <p style="text-align: center; font-size: small;">CYPRESS</p>	<p><b>CYPRESS:</b>                  Nervous tension, emotional shock, despair, sadness, depression, promotes introspection and concentration</p>
 <p style="text-align: center; font-size: small;">DILL</p>	<p><b>DILL (seed):</b>                  Spasms, hiccups, general soothing</p>
 <p style="text-align: center; font-size: small;">EUCALYPTUS</p>	<p><b>EUCALYPTUS CITRIODORA</b>                  Sedative, relaxing, soothes joint and muscle pain</p>
	<p><b>EXOTIC VERBENA:</b>                  Anxiety, depression, sedative, calming</p>
 <p style="text-align: center; font-size: small;">lavender</p>	<p><b>FINE LAVANDER:</b>                  Nervousness, stress, depression, anxiety, sedative and pain reliever and itching</p>
 <p style="text-align: center; font-size: small;">FRANKINCENSE</p>	<p><b>FRANKINCENSE:</b>                  Emotional shock, depression, anxiety, pain reliever.</p>

 <p>JUNIPER BERRIES</p>	<p><b>JUNIPER (berries):</b> Relaxing, soothing, promotes sleep, very useful in case of exhaustion, convalescence</p>
 <p>LIME</p>	<p><b>LIME:</b> Soothing, sedative, anxiety, overwork, nervous tension, depression</p>
	<p><b>RED MANDARIN:</b> Nervous rebalancing, agitation, lack of self-confidence, sleep disorders, digestive soothing</p>
 <p>MARJORAM</p>	<p><b>MARJORAM :</b> Nervous disorders, feelings of rejection, loneliness, promotes inner peace, soothing digestive</p>
 <p>Myrtle</p>	<p><b>GREEN MYRTLE:</b> Promotes sleep, concentration, calms anxiety, emotional disorders.</p>
 <p>Neroli</p>	<p><b>NEROLI:</b> Soothes the body, in case of nervous and emotional shocks, anxiety, depression, overwork, nerve recovery, aggression, it is also digestive soothing</p>
	<p><b>SWEET ORANGE :</b> Nervousness, depression, melancholy, nervous insomnia</p>
 <p>Wild ORANGE</p>	<p><b>PETIT GRAIN BIGARADE:</b> Harmonizing, soothing and protecting emotionally, it is an oil of feeling (grief, loneliness), it is sedative, calming and nervous rebalancing (withdrawal, sleep disturbances for example)</p>
 <p>ROSE</p>	<p><b>ROSE:</b> Emotional rebalancing, useful for stress, depression or insomnia.</p>
 <p>sage</p>	<p><b>CLARY SAGE :</b> Powerful relaxant, powerful antidepressant, anxiety, anger, self-confidence</p>
 <p>sandalwood</p>	<p><b>SANDALWOOD:</b> Powerful antidepressant, relaxant, gives determination</p>
 <p>spikenard</p>	<p><b>SPIKENARD:</b> Calming, useful in case of emotional shock, psychosis</p>
 <p>YLANG YLANG</p>	<p><b>YLANG-YLANG extra :</b> Relaxing, stress, anxiety, anger, grief, stage fright, insomnia</p>
	<p><b>YUZU:</b> Very soothing, relaxing, for those who seek peace, serenity</p>

